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LONDON metro®

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NEWS WORTH SHARING.

WENDY'S: HOME OF THE 'FASCINATING CREATURES'

ACTRESS WHO PLAYS CHAIN'S SPOKESPERSON SAYS REDHEADS ARE LIKE MODERN-DAY UNICORNS

PAGE 8

Wheeling and dealing this digital dough

Metro columnist says the bitcoin bonanza may be profitable, but trading this cyber-currency could be risky business PAGE 6

Teens telling all, from YouTube vids to tweets

Experts warn against revealing too much personal info online PAGE 10

Knights goalie out for 4 weeks with injury

London trainer says laceration to Anthony Stolarz's calf is 'a bad injury, but it could have been worse' PAGE 13

A 'loved and loving brother'

Francis Fondoh. Family asks for help after death of Huron University College student

MIKE DONACHIE
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The sudden death of a London student has his family appealing to the community for financial help.

Huron University College's Francis Fondoh was just 24 years old when he died suddenly Tuesday after a brief illness.

"We're still not sure what he died of," Fondoh's sister, Sharon, told Metro. "An autopsy has to take place.

"We're hoping to transport the corpse back to my country," she added. "Back to Cameroon."

That's where they're facing a problem. Limited insurance coverage has left the family with big bills to pay.

"It is very expensive," Sharon said. "It will cost $15,000 just to take the coffin to Cameroon."

Fondoh's family immigrated to Canada seven years ago. Now, they live in Ottawa but are spending a few days in London as they make arrangements.

Francis Fondoh GOFUNDME.COM

Sharon said she, her mother, Patience, and her sister, Elvira, who were together in a London hotel Sunday, are all students.

"It's hard on us," she said. "We didn't expect it (the death). We do have a little insurance but we didn't expect him to die so suddenly."

An online appeal has been launched at gofundme.com. There, the family describe Fondoh as "a very loved and loving brother, son, grandson and friend."

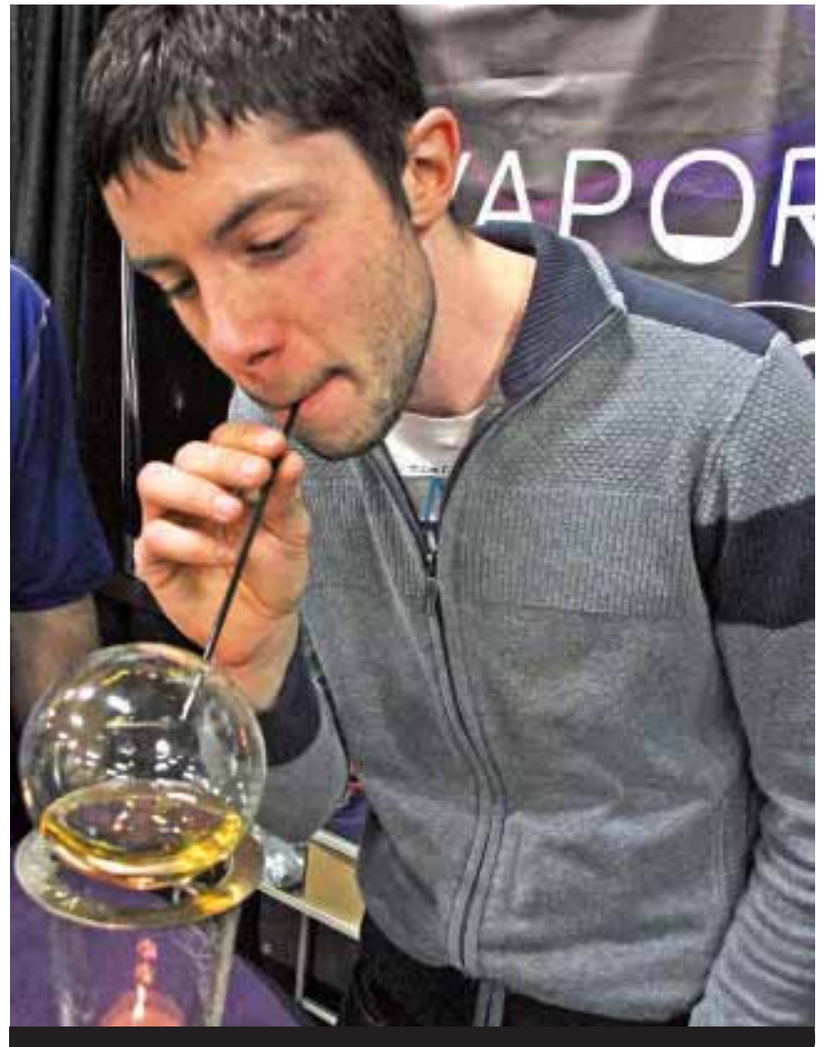
The story is even more tragic because Fondoh was expected to graduate in April. He was majoring in French studies, with a minor in Spanish.

Huron principal Dr. Stephen McClatchie has issued a statement expressing his "great sorrow" at the death of the student.

"(Fondoh) was well-known in the Huron community, with his friendly smile and constant willingness to help," said McClatchie. "We all grieve the loss of this remarkable young man."

Memorial service

- The university community is expected to come together at a memorial service in Huron's chapel at 2 p.m. Tuesday.
- An overflow room with a video feed of the service is also expected to be set up in the Great Hall, and Western University, of which Huron is part, will lower the flag on Tuesday.
- A full funeral is expected to take place in Cameroon at a later date.
- To donate to Francis Fondoh's family, visit gofundme.com/6a4mq0.



SUCKING IT UP

Mark Dill, 26, of London, was one of many who battled the crowds to try this new trendy way of "drinking" it all in during the London Food and Wine Show. Story on page 3. ANGELA MULLINS/METRO

NEWS 1

Red Planet atlas

London expert's guide to Mars

Lost on another planet?

Then Western University has just the person for you.

It's a serious academic study, not a tourist's guide, but an atlas of Mars created by a London expert is drawing praise.

The work of planetary cartographer Philip Stooke has been singled out by the American Library Association's Choice Reviews magazine.

Each year, Choice creates a list of publications reflecting the best in scholarly titles, attracting attention from the academic library community.

The International Atlas of Mars Exploration — The First Five Decades 1953 to 2003 has been named one of the outstanding academic titles of 2013.

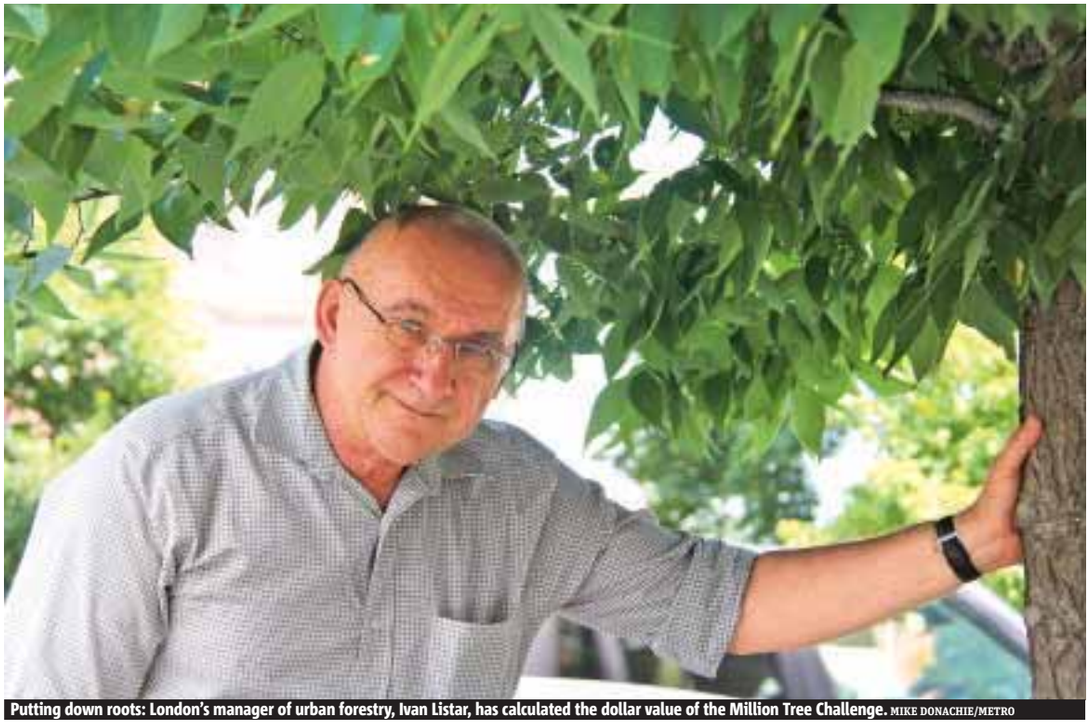
The atlas is the first of its kind, with previously unpublished information, and is a comprehensive account of all Mars exploration. Stooke's maps are featured throughout.

Stooke, who is cross appointed at Western's science and social science faculties, is currently working on a second volume of the atlas, The International Atlas of Mars Exploration — Spirit to Curiosity: 2004 to 2014. It's set to be released in late 2015.

He maintains a constantly updated route map for the Curiosity rover on the online forum unmannedspaceflight.com.

MIKE DONACHIE/METRO

Mars rover Curiosity GETTY IMAGES



Putting down roots: London's manager of urban forestry, Ivan Listar, has calculated the dollar value of the Million Tree Challenge. MIKE DONACHIE/METRO

On the way to a million

Tree-mendous progress. City reveals 156,000 trees have been planted as part of arboreal challenge

MIKE DONACHIE
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Londoners are trying to plant a million trees within 10 years, but can we do it?

The answer, apparently, is yes.

An update from city forestry chief Ivan Listar is going to councillors this week, and it shows the city is on track.

About a year and a half into the much-discussed Million Tree Challenge, 156,000 trees have been planted.

That's on schedule and the work hasn't let up.

Listar calls the initiative, launched in partnership with co-founder ReForest London, a "successful initiative that has increased the awareness of the importance of trees."

It's also "mobilized commercial, industrial, educational and institutional partners and individuals from across the city," he says.

Better yet, for every dollar spent on the program the city has leveraged more than $8.56 in return, Listar says in a report headed to Tuesday's planning and environment committee meeting.

That's a good return on anyone's investment. Time, materials and money are donated by the various supporters, and the ranks of supporters are growing.

It all adds up to more trees being planted in a city that's badly affected by the emerald ash borer.

Listar has also explained to Metro that it's about replacing the lost trees by planting in the right places, allowing room to grow properly.

In 2014, Listar said, the challenge will continue to seek more private-sector partners and volunteers and, of course, will aim to plant more trees.

People and organizations helping with tree planting have been growing throughout the last year. Partner organizations increased from 76 to 141 during 2013.

Million Tree Challenge

By the numbers:

- **156,000** trees planted.
- **$856,000** brought in through raised funds, donation of time, goods and more.
- **141** partners signed up for the challenge.
- **145** community events, including tree plantings and giveaways.
- **7,008** volunteer hours provided in 2013.
- **47** tree captains across the city, encouraging others to get involved.

Internet voting's not coming this year

London doesn't like the look of online voting, a city report says.

There are benefits and problems with the idea, but enough problems that city staff doesn't want voting by Internet to happen during the municipal election on Oct. 27.

It will come one day, but not yet, council members are being told.

"While we have no doubt that there will be a time in the future when the benefits will outweigh the risks of deploying internet voting, at this time our findings do not provide us with sufficient confidence (of that)," a report by city clerk Cathy Saunders says.

The main benefit is engaging voters, the report headed to Tuesday's corporate services committee says.

But it "comes at the cost of giving up oversight of the process," Saunders adds.

The big problem is confirming the voter really is the person entitled to vote. That's tough to do when there's only an Internet connection.

There's also a fear that people's votes might be influenced if they're not voting in person and in secret.

MIKE DONACHIE/METRO

Risks too high

$315K

Cost to add Internet and telephone voting in Halifax. *Source: London city clerk*

Highway 401. Man, dog make fiery escape

A man and his dog escaped from their burning van on Highway 401 in London after they were alerted to the fire by two passing motorists.

Louie Teixeira says he and a co-worker were heading along the highway Saturday morning when they smelled gas and noticed a fire under the van's motor.

He says his co-worker then rolled down his window and shouted "Your van is on fire!" before the driver of the burning vehicle pulled to the shoulder as flames spread.

The man and the dog got out in time.

One of the highway's westbound lanes was briefly closed as police investigated.

THE CANADIAN PRESS

Overcoming differences from a fractured past

Uniting. Ethiopian community association looking to come together, set aside political disagreements in native country

SCOTT TAYLOR
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Tesfaye Tola is working to rebuild London's Ethiopian community association from a fractured past. SCOTT TAYLOR/METRO

For years, the Ethiopian community in London has been fractured because of past ideological and political disagreements in the homeland.

The Ethiopian Association in London has suffered because of that, but that might be about to change.

"The idea of reforming the Ethiopian association was first brought up by a group of Ethiopian women, who were deeply saddened and angry by the massacre of Ethiopians working in Saudi Arabia," said supporter Tesfaye Tola.

Reports surfaced in November 2013 of beatings, killings and torture of migrant workers in Saudi Arabia.

"These women were hoping to see (a) community that (would) mobilize members to condemn this act of barbarism, but the already weakened association was not able to step up to the plate," he added.

Despite their years of hard work and sacrifice, community leaders weren't able to stop membership from dwindling, further weakening the Ethiopian presence in London.

"That was the reason (the association called) a meeting on Jan. 12, where it was decided to reform the association," Tola said.

Also supporting the reform, Solomon Kebebe said the community has become scattered.

"We don't exactly know our numbers, but we were strong before," he said. "We're Ethiopians and we're part of Ethiopia and so we need to gather ourselves to be strong again."

Ethiopian community

- Community leaders say between 500 and 1,000 Ethiopians live in London.
- The most recent census pegged the number at 325.

Intoxication revolution? New method changes how alcohol is consumed

Nothing helps you unwind after a hard day like a nice long huff on your favourite spirit.

That's what the team behind Chicago-based Vaportini is placing its bets on.

Calling it "a revolutionary way of consuming alcohol," the idea behind the Vaportini is that inhaling the fumes from heated up booze is the wave of the future.

And it was all the rage at this weekend's London Food and Wine Show, with people waiting in long lines to, quite literally, suck in some of the vodka, tequila and other drinks on offer. The company sold out of the stock it brought to the show in the first day, Vaportini owner and inventor Julie Palmer said.

Here's how it works: an alcohol of your choice is put inside a glass globe and heated up by a candle underneath. As the liquor heats up, a straw is used to inhale the vapour given off. What you inhale is then absorbed directly into the blood stream via your lungs.

According to a Vaportini spokesman, this method of ingesting a drink has its advantages.

Because the spirit is not ingested through the digestive tract, almost no calories, carbs or impurities go along with it, he said.

"This is the purest form of distillation," the spokesman said. "It is a natural, organic process."

And the effects of the vapor are also felt almost immediately, allowing for users to drink more responsibly by inhaling only one ounce of alcohol at a time, he said.

"You can control yourself a little bit better because you're not going to have anything leftover in your body afterward," he said. "And you're not using as much, but that's a good thing."

DAVID INGRAM/FOR METRO

Lecture. Economist counts the cost of nature's fury

An expert on nature's impact on economies will speak at Western University on Wednesday.

Kevin Simmons is an economics professor at Austin College in Texas. He's known internationally for his work on how natural hazards affect people and will deliver a lecture about the death and destruction caused by tornadoes in North America in 2011, one of the most damaging and deadly years on record.

His lecture, titled Blown Away: Monetary & Human Impacts of the 2011 Tornadoes, is slated for 4:30 p.m. at Conron Hall.

Simmons will also collaborate with Western's wind engineers Gregory Kopp and Horia Hangan at the Boundary Layer Wind Tunnel Laboratory, the Insurance Research Lab for Better Homes and Western's Institute for Catastrophic Loss Reduction.

MIKE DONACHIE/METRO

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Genevieve Fisher has released a new single, all while balancing her studies at Western University and rubbing shoulders with big names in country music. COURTESY CHRISTINE MEGIT

Finding her voice in Nashville

Full steam ahead. London's Genevieve Fisher flexes her songwriting muscles in collaborations with country notables

DAVID INGRAM
london@metronews.ca

Even though the year has only just started, it's already been a busy one for 21-year-old country music artist Genevieve Fisher.

She recently returned to her hometown of London after a five-day writing trip in Nashville, Tenn., where she collaborated on new material with notable Canadian country music talent like Jason Blaine, Patricia Conroy and Steven Lee Olsen.

Plus, on Jan. 3 she released her brand new single, Young In a Small Town.

"I think it's a song that a lot of people can relate to even if they don't live in a small town," she said. "They still somehow find themselves in the song."

Fisher's finding more of her own self in her new work.

Her first album, 2011's Without Borders, featured only one original song by Fisher, with the rest written exclusively by other artists. Newer songs have Fisher exploring issues closer to her own experiences, she said.

While building her career and name, Fisher's finishing up her last year in popular music studies at Western University's Don Wright Faculty of Music. Finding a balance between the grind of schoolwork and making the most of new career opportunities at her doorstep can be frustrating at times, she said.

"It's definitely been a juggle, and some times are easier than others," she said. "I've had a lot on my mind with career choices, and we've been in touch with record labels, so my head's kind of in a different place right now."

Looking ahead after graduation, Fisher expects to put her full efforts into growing as an artist. She says she'll be hitting the road to showcase her talent — all part of a plan to prove herself in the wide world of country music.

"There's a lot of competition, but, you know, it's all hard work, and I think I'm slowly getting there."

Blue and White Gala

A show for the home crowd

This semester at Western will be a busy one for Fisher while she wraps up her degree, but she'll still be making time to give a little something back to the community.

On Feb. 8, Fisher will return to her alma mater, London's Catholic Central High School, to perform a benefit concert for the second annual Blue and White Gala.

Besides being able to help, Fisher said the opportunity to show how she has developed as an artist was too good to pass up.

"I'm really, really excited to go back and see some familiar faces and kind of show everyone where I'm at in my career," she said.

Fisher will also play at London's Aeolian Hall on Feb. 21.

Spring and summer, however, are when Fisher plans to do her most performing.

"In May we're hoping to do a small tour out East, maybe visit some radio stations, and do some performances," she said. "Getting my music out there is one of the main things."

DAVE INGRAM/FOR METRO

Federal grant changes worry social services chief

London city staff are calling for a rejection of federal government plans to change skills training grants.

The government is trying to renegotiate Labour Market Agreements, which cost $500 million a year, with each province and is proposing a new Canada Job Grant to fund skills training.

Here's how it works: the new grant would connect employers directly with training programs. The plan is to provide $15,000 per person in funding, with up to a third of it from the feds, matched by provinces and employers.

Provinces agree that the Labour Market Agreements could be better targeted at the needs of people and employers, but how? That's what's ruffling feathers.

London's managing director of house and social services, Sandra Datars Bere, doesn't like the plans as they stand.

"The proposed approach will have a broad negative impact on citizens, on service-providing organizations, on workers and businesses," she says in a report to be tabled at Monday's community and protective services committee meeting.

She's concerned that redirecting funding will mean cuts for those who get it now. People will need to be eligible for the new Canada Job Grant before they can avoid a welfare cut, said Datars Bere.

She's asking Mayor Joe Fontana to write to federal and provincial politicians about the effect the change may have.

It's causing concern at provincial level, too.

Ontario's training minister Brian Duguid said Friday there are "ongoing challenges" in the negotiations with the feds before changes can be agreed.

MIKE DONACHIE/METRO

Funding changes

- The city of London's Sandra Datars Bere says the proposed changes to Labour Market Agreements could amount to a $232-million cut to existing welfare budgets across Canada.
- That would have an impact, she said, on people receiving Ontario Works employment assistance, addiction supports, disability benefits, help with apprenticeships and support for essential skills including literacy.

Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played. The two men greeted a receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."

After beaming through Netanyahu's praise, Harper strode to the podium to say he was delighted to be in Israel, adding he'd save further comments for his speech to the Knesset, Israel's parliament, on Monday.

That historic address comes after Harper travels to Ramallah for a meeting with Palestinian Authority President Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit.

THE CANADIAN PRESS

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

2 Canadians killed in Kabul suicide attack

JOE LOFARO
Metro in Ottawa

Two Canadians killed in a suicide bombing at a restaurant in Kabul Friday were "dedicated" workers contributing to the "peace and security" of Afghanistan, co-workers and family members said.

Daniel Charron, a partner at Samson and Associates where Peter McSheffrey and Martin Glazer worked as accountants, said employees at the Gatineau-based firm are in shock and devastated.

A suicide bomber walked into La Taverna du Liban, a popular restaurant frequented by foreigners in Kabul, followed by two armed gunmen who opened fire on patrons during dinner. McSheffrey, who was in his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron told Metro Sunday.

Martin Glazer of Gatineau, Que., left, and Peter McSheffrey of Ottawa are shown in their LinkedIn profile photos. They were among 21 people killed in Friday's attack at a popular restaurant in Kabul, Afghanistan. LINKEDIN/THE CANADIAN PRESS

McSheffrey, of Ottawa, and Glazer, of Gatineau, Que., were hired by the Canadian International Development Agency to audit an international organization in Kabul which received funds from the government of Canada, said Charron. They were scheduled to return to Canada this week.

"Right now it's devastating," said Charron. "We're working with the embassy and the military to bring back the bodies for the families in Canada."

WITH FILES FROM THE CANADIAN PRESS

Marijuana. Obama: Pot a 'waste of time' but no more dangerous than alcohol

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Obama's administration has given states permission to experiment with marijuana regulation, and laws passed in Colorado and Washington legalizing marijuana recently went into effect. The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law at one time or another.

U.S. President Barack Obama speaks in Washington on Friday. CAROLYN KASTER/THE ASSOCIATED PRESS

The president said he is troubled at the disproportionate number of arrests and imprisonments of minorities for marijuana use. "Middle-class kids don't get locked up for smoking pot, and poor kids do," he said. "And African-American kids and Latino kids are more likely to be poor and less likely to have the resources and the support to avoid unduly harsh penalties." THE ASSOCIATED PRESS

Olympic security

Terrorist group warns a 'present' awaits Putin, tourists in Sochi

An Islamic militant group in Russia's North Caucasus claimed responsibility Sunday for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi.

There had been no previous claim of responsibility for the bombings, which killed 34 people and heightened security fears before next month's Winter Games.

In the video, two Russian-speaking men warned President Vladimir Putin that "if you hold these Olympics, we will give you a present for the innocent Muslim blood being spilled all around the world: In Afghanistan, in Somalia, in Syria."

They added that "for the tourists who come, there will be a present too." THE ASSOCIATED PRESS

Buyer beware: The bitcoin bonanza

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it currency, speculation, a black-market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at $0.30 US per unit, or even early last year when the price had jumped to $13, it's been a whale of a deal. Today, a single bitcoin is worth $866 US ($949 CAN).

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travellers (changing currency can be an expensive nuisance, and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shutdown of the illicit drug site Silk Road cast a pall over the currency.

Nonetheless, there are predictions that a single unit will be worth as much as $100,000 one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions where a bitcoin holder transfers them into your "wallet" in return for payment.
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.

A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

A dream derailed. Streets named after MLK struggle to rise above urban blight

A walk down the 10-kilometre city street named for the Rev. Martin Luther King Jr. yields plenty of images that would surely unsettle the civil-rights leader: shuttered storefronts, open-air drug markets and a glut of pawn shops, quickie cheque-cashing providers and liquor stores.

The urban decay along Dr. Martin Luther King Jr. Drive in St. Louis can be found in other major American cities, from Houston and Milwaukee to Washington, D.C.

"It's a national problem," said Melvin White, a 46-year-old postal worker in St. Louis and founder of a 3-year-old non-profit group that is trying to restore King's legacy on asphalt. "Dr. King would be turning over in his grave."

Nearly three decades into the observance of Monday's U.S. federal holiday honouring the slain civil-rights leader and Nobel Peace Prize laureate, the continuing decline of the most visible symbols of King's work has White and others calling for a renewed commitment to the more than 900 streets in the U.S. named in the Atlanta native's honour.

THE ASSOCIATED PRESS

Melvin White walks past a boarded-up building during a tour of Dr. Martin Luther King Jr. Drive in St. Louis last week. JEFF ROBERSON/THE ASSOCIATED PRESS

Mined controversy

Neil Young wraps up anti-oilsands concert series

Singer Neil Young did not accept an invitation from a petroleum producers group to meet before his final concert to raise money for opponents of Alberta's oilsands Sunday.

His Calgary performance followed stops in Toronto, Winnipeg and Regina where Young dropped statements about the oilsands that many denounced as over-the-top.

THE CANADIAN PRESS

Interest rate news

Loonie's nosedive could continue

The Canadian dollar, already the worst performing primary currency, could be in for even more downward pressure depending on what the Bank of Canada has to say at its next scheduled interest rate announcement on Wednesday.

There is no doubt the central bank will keep its key rate at one per cent, where it's been since September 2010.

THE CANADIAN PRESS

TWO WRONGS DON'T MAKE A RIGHT

URBAN COMPASS

Todd Devlin
london@metronews.ca

Normally, I get annoyed when people complain about taxes. For starters, I am always curious how people think roads and bridges get built and maintained, or how the city pays for services like waste collection. And even in instances where a citizen's "hard-earned tax dollars" go toward something they may not personally support, the bottom line is that the money still serves the community.

That is, except for inexplicable cases like the one unearthed late last week. As reported in this paper, London taxpayers footed the bill of nearly $100,000 for seven council members to retain pricey lawyers as part of an ombudsman's investigation into last year's infamous Billy T's back-room meeting.

It's no small fact that this expense was entirely unnecessary, even though the ombudsman found the meeting to be "in clear violation of the law."

"I told (London) council they didn't need lawyers for (my) investigation," ombudsman André Marin wrote on Twitter last week. "Now comes this."

Now comes this. That might as well be the mantra for London citizens in reference to their elected leaders over the past few years. One thing is for sure: The 2014 election can't come soon enough.

If Coun. Sandy White, Mayor Joe Fontana, Couns. Bud Polhill, Joe Swan, Stephen Orser, Paul Van Meerbergen and Dale Henderson made a mistake by meeting outside of council chambers (and they did), their decision to play the victim has only made matters worse.

Now, it's costing the taxpayers, and it's no small sum.

As an example, the $97,148.31 paid to Bay Street lawyers is about half of what city council budgeted for 2014 for bike lanes in the city. Indeed, that money could have gone toward countless worthwhile projects.

The ombudsman's office, it should be noted, is not entirely off the hook in this whole debacle.

They did their job by investigating the incident after receiving 60 complaints from the public. But they've repeatedly refused to disclose how much their investigation cost taxpayers.

The office has said the costs came out of their annual budget, set by the province, and that they do not track expenses on any one particular investigation. That seems awfully strange coming from an organization whose aim is ensuring transparency in others.

For his part, Coun. Orser sent a freedom of information act request to Marin and the ombudsman's office, but to no avail.

This seems a lot like the Lance Armstrong strategy: attack the accuser. It's a strategy that won't work in the long run. And meanwhile, the taxpayers will still be out nearly $100,000.

Perhaps the Billy T's scandal and its fallout do not require a sit-down on the Oprah Winfrey couch.

But the citizens of London do deserve an admission of wrongdoing from their councillors and a full disclosure of the facts.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Yet another weird festival in Spain

BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jarramplas as he makes his way through the streets beating his drum during the Jarramplas Festival on Sunday in Piornal, Spain.

The centuries old Jarramplas festival takes place annually every January 19 to 20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait

LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Horizon:

Vertical video syndrome , or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button. Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

CONTRIBUTED

Twitter

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her? (See story, page 8)

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

@phronk: I'd say @MsMorganSmith is my favourite person in television.

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

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SCENE 2

When you're the woman for Wendy's

Morgan Smith.
Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA BIGRIGG
scene@metronews.ca

Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond.

"They're kind of like the unicorns of modern day society.

"I don't want to seem hypocritical, because I'm not a natural redhead," she added.

"I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting.

"I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there.

"It's given me a ton of exposure.

"You have to be forever grateful and very flattered when a company will trust you with their brand.

"So I don't take it lightly."

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online.

Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her.

"I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people a forum to say whatever they want without consequence.

"If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said.

"I know it's out there, I'm well aware.

"Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress.

"I'm still working on some other stuff," she said.

"Some really interesting things have presented themselves, we're just looking for the right opportunity."

Small-town Smith

- **Morgan Smith says she always knew she wanted to move to New York City and perform.** Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform." Fortunately, she's been able to put her small-town values to good use in the big city. "Living in a small community where everyone is very connected, everyone knows each other – that has just kept me grounded. That's the one thing I could apply when I got up here, not getting sucked into the craziness of the city."

Opinion

Morgan Smith has become a bit of an Internet star. CONTRIBUTED

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Joe Jonas ALL PHOTOS GETTY IMAGES

Joe Jonas is Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A., an image just slightly sadder than that time 'N Sync "re-united" at the VMAs.

Twitter user @lindsey-farwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the thrill — OK, the mild surprise — of a lifetime when the driver of their cab turned out to be the one-time boy band star. According to her tweet, "Today @millsbopp and I got in an @Uber and @joejonas was our driver and we went to Pinkberry and then took a selfie." But from the looks of the selfie she posted, it seems like Jonas is a good sport and sort of weirdly happy to be driving a cab instead of driving tween girls wild.

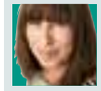
Johnny Depp

Have you Heard those wedding bells, Johnny?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Prior to settling down with Paradis, Depp was married once before — briefly, at age 20 — and was engaged at various points to Jennifer Grey, Sherilyn Fenn and Winona Ryder.

Pop Goes the Week

Ke$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen (who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatevs."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Bieberdict without being accused of a crime?

Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur. I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."

Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been in the news for his goings-on with North Korean dictator Kim Jong Un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Twitter

@Real_Liam_Payne
Being a fan of someones show and the way they still hold a family together doesnt mean i am ok with all they say. **(comment about Duck Dynasty)**

@AlbertBrooks
Why am I hearing what The Bachelor thinks about anything? Why? Why?

@oliviawilde
Just realized I am following a bunch of people by accident. How creepy. I feel like Robert Downy Jr waking up in the little girl's bedroom.

Travel Tidbit

Trip, interrupted

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled flights and disgruntled travellers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

Coverage: trip cancellation (for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book Reasons Mommy Drinks at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college essays and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12 to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

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ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Traditional Fettuccine Alfredo made with butter, cream and cheese, is better known as "heart attack on a plate". It is definitely not recommended on a regular basis due to the high calories, fat and saturated fat.

A restaurant version can have more than 1,000 calories and 45 grams of fat!

My adaptation is not only delicious but so much healthier with a fraction of the calories (410) and fat (seven grams) .

The sauce in this version, uses stock, evaporated milk and light cream cheese to replace the commonly used, high caloric ingredients.

I add the chicken so that you have a lean protein with your carbohydrates and make it a complete meal.

You can always substitute the chicken with fish, seafood, tofu or lean beef. This keeps you fully satisfied much longer than just a pasta dish.

For an extra boost of fibre, try whole wheat pasta. It has double the fibre than white pastas.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

This recipe serves four. ROSE REISMAN

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Study up on saving

Cash on campus. Structures like an envelope system and spending diary create ways to curb the splurge

VICKI SALEMI
Metro World News

The good news: there's no time like the present to start getting into healthy spending habits and paying attention to your bank account right here, right now. The bad news? With an abundance of options to spend, spend, spend on campus, university life can become a ripe environment for negative cash flow.

But it doesn't have to become your story. There are several strategies to get a hold of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she says, "let them know that you are saving up for a special trip or purchase."

Enjoying time with your friends doesn't need to be expensive. ISTOCK

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted $200 for groceries and only use that envelope of cash for the supermarket, as soon as that $200 has whittled away, you can't spend more on groceries that month.

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.

Look to the turtle when your road gets rough. ISTOCK

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-oneself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

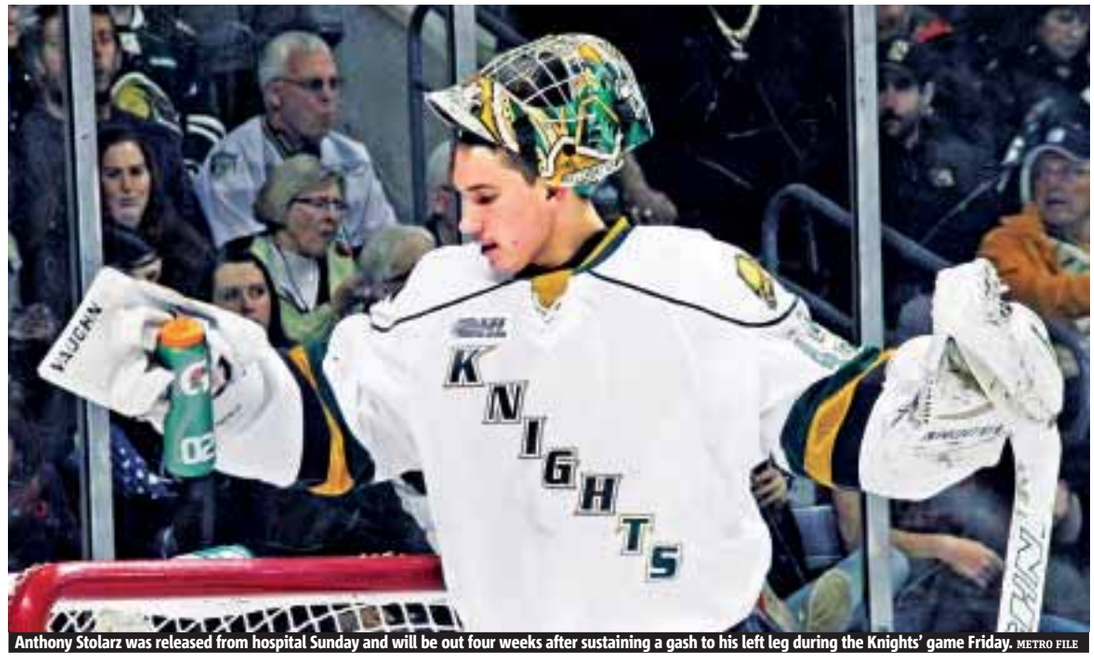
(Dave, in shelters for 12 years)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP. RAISING THE ROOF

Knights goaltender released from hospital

Anthony Stolarz. Injury could have been much worse, says team trainer

DAVE LANGFORD
dave.langford@metronews.ca



Anthony Stolarz was released from hospital Sunday and will be out four weeks after sustaining a gash to his left leg during the Knights' game Friday. METRO FILE

London Knights goalie Anthony Stolarz will be out of action for the next four weeks following a chilling on-ice accident in Friday's 3-1 loss to the Saginaw Spirit.

According to Knights trainer Doug Stacey, the 19-year-old Knights goalie was fortunate that a much more serious injury was not the result of the laceration on the calf on his left leg.

"It's a bad injury, but it could have been worse," Stacey told CJBK Radio.

Early in the game, Stolarz fell to the ice in obvious pain after colliding with Saginaw forward Eric Locke and Knights defenceman Dakota Mermis in the London goal crease.

He was taken off the ice on a stretcher and transported to a London hospital. One report said Stolarz required 55 stitches to stop the bleeding. He was kept in the hospital until Sunday afternoon.

Stacey said the more serious injuries were ruled out before Stolarz left the arena.

"The three key things we look for right away: Are any of the tendons cut? And none of the tendons were cut. Are any of arteries or veins or blood vessels cut? And none of them were cut. And, are any nerves cut? And none were cut. So we were pretty much able to determine that when he was off the ice in the back room, so he's very fortunate," Stacey said.

Meanwhile, Knights defenceman Zach Bell has been suspended indefinitely by the OHL following a fight with Locke later in the first period.

Backup goalie Jake Patterson was in net for the Knights on Sunday as they lost 3-1 on the road to the Mississauga Steelheads.

Patterson finished the game with 27 saves. Gemel Smith tallied the only goal for the Knights (29-11-1-4), who finished the weekend with only two goals on 99 shots.

WITH FILES FROM IAIN COLPITTS/TORSTAR NEWS SERVICE

@StolieTheGoalie tweets since injury

- Sunday afternoon: "Finally being discharged from the hospital in time to go watch the @GoLondonKnights play Missy."
- Saturday night: "Don't take anything for granted. I'll be healed up soon and playing the game I love."
- Saturday night: "Watching the @NHLFlyers game in the hospital bed. I'm extremely humbled and motivated to see all the support from everyone."

Mill Rats fight off late Lightning charge

The Lightning's Eric Frederick, right, blocks a shot during Sunday's game against the Mill Rats in Saint John, N.B. JAMES WALSH/TELEGRAPH-JOURNAL

Despite an extremely close final quarter, the Saint John Mill Rats took the lead early and never gave it up on their way to a 103-98 victory against the London Lightning on Sunday.

The Lightning have now lost three in a row on the road, including Saturday's 113-110 loss to the Halifax Rainmen.

Forward Tim Ellis led the Lightning with 26 points, nearly all two-point jumpers.

"Tim Ellis really put the team on his back and brought them down that home stretch. He's a great player," said Mill Rats head coach Rob Spon.

The win puts Saint John's record at 17-10. London stands at 18-9.

On Sunday

Mill Rats	Lightning
103	98

With the Lightning now ranked third in the league, just ahead of Saint John, Spon couldn't deny the importance of topping the two-time defending league champions.

"I like playing against (Lightning coach) Micheal Ray (Richardson) because I know it's going to be a great game, and I like to beat him, too," he said. "But that doesn't make a championship, this is just a regular game. We have to go take care of business next week."

On Sunday, Saint John outshot the Lightning, went 9-for-10 at the free-throw line and picked up 39 rebounds to London's 34 to end the half ahead 62-51.

The Lightning slowly got themselves back in it, thanks to 10 successful free throws and a seven-point run in the final minute of the quarter.

The Lightning play their next home game on Wednesday against the Ottawa SkyHawks. Game time is 7 p.m.

RYAN MELANSON/TELEGRAPH-JOURNAL

CFL

Hajrullahu goes pro by signing with Bombers

Western Mustangs kicker Lirim Hajrullahu has signed a contract with the Canadian Football League's Winnipeg Blue Bombers.

Hajrullahu, a St. Catherines native, finished his Mustangs career this season by surpassing Ottawa's Neil Lumsden as the CIS's all-time leading scorer with 422 points over his five seasons.

He also set an OUA record with 77 career field goals, and tied the OUA single-season record with 22 field goals in 2013.

For his efforts, Hajrullahu earned two spots on the OUA first-team all-stars, getting the nod as both punter and kicker.

He was also named a CIS second-team all-Canadian as a kicker.

DAVE LANGFORD/METRO

For more local sports coverage, go to metronews.ca

NFL. Manning delivers KO punch to Brady bunch

Peyton Manning had an answer for everyone. What's new?

For Tom Brady. For the New England defence. For anyone who thought he couldn't win the big one.

Manning is taking the Denver Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories. This time, a 26-16 win over the Patriots on Sunday in the AFC title game.

Less than three years after being unable to throw a football because of his surgically ravaged neck and nerve endings, Manning will get a chance for his second ring. He'll try to become the first quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against either Seattle or San Francisco, who played later Sunday for the NFC championship.

"It's very rewarding when you put a lot of hard work into the off-season and the regular season and it pays dividends with a huge win," Manning said.

After taking the final knee, Manning stuffed the football in his helmet and ran to the 30-yard line to shake hands with Brady. The Indy-turned-Denver quarterback improved to 5-10 lifetime against New England's QB, but 2-1 in AFC title games.

Tom Brady congratulates Peyton Manning after the Broncos beat the Patriots 26-16 in Denver Sunday.

KEVIN C. COX/GETTY IMAGES

Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives in which nothing came cheap. **THE ASSOCIATED PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	48	30	15	3	138	107	63
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
Philadelphia	49	25	19	5	134	140	55
NY Rangers	50	26	21	3	124	127	55
Columbus	48	24	20	4	138	135	52
Washington	48	22	18	8	141	146	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	50	19	24	7	138	163	45

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
Washington at NY Rangers

Saturday's results
San Jose 5 Tampa Bay 4
NY Rangers 4 Ottawa 1
Winnipeg 3 Edmonton 2 (OT)
Detroit 3 Los Angeles 2 (SO)
Columbus 4 Buffalo 3 (SO)
Carolina 3 Florida 2
Toronto 5 Montreal 3
Philadelphia 6 NY Islanders 4
Phoenix 3 New Jersey 2
Anaheim 3 St. Louis 2
Colorado 5 Nashville 4
Minnesota 3 Dallas 2 (OT)
Vancouver 3 Calgary 2 (SO)

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	49	29	14	6	126	100	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern
Philadelphia at NY Islanders, 1 p.m.
Los Angeles at Boston, 3 p.m.
Florida at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Toronto at Phoenix, 8 p.m.
Dallas at Nashville, 8 p.m.
Calgary at San Jose, 10:30 p.m.

Tuesday's games
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — San Francisco at Seattle

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. NFC champion, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	11	.725	3½
Atlanta	20	19	.513	12
d-Toronto	20	19	.513	12
Washington	19	20	.487	13
Chicago	19	20	.487	13
Detroit	17	23	.425	15½
Brooklyn	16	22	.421	15½
Charlotte	17	25	.405	16½
Cleveland	15	25	.375	17½
New York	15	25	.375	17½
Boston	14	28	.333	19½
Philadelphia	13	27	.325	19½
Orlando	11	30	.268	22
Milwaukee	7	32	.179	25

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	31	9	.775	—
d-San Antonio	31	9	.775	—
Oklahoma City	30	10	.750	1
d-L.A. Clippers	28	14	.667	4
Houston	27	15	.643	5
Golden State	26	16	.619	6
Dallas	24	18	.571	8
Phoenix	22	17	.564	8½
Denver	20	19	.513	10½
Memphis	20	19	.513	10½
Minnesota	19	21	.475	12
L.A. Lakers	16	25	.390	15½
New Orleans	15	24	.385	15½
Sacramento	14	24	.368	16
Utah	14	28	.333	18

d - division leader

Sunday's results
L.A. Lakers 112 Toronto 106
Orlando 93 Boston 91
Milwaukee at San Antonio
Sacramento at Oklahoma City
Denver at Phoenix

Monday's games — All Times Eastern
Dallas at Cleveland, 1 p.m.
L.A. Clippers at Detroit, 1 p.m.
Toronto at Charlotte, 2 p.m.
Philadelphia at Washington, 2 p.m.
Brooklyn at New York, 2:30 p.m.
New Orleans at Memphis, 5 p.m.
Miami at Atlanta, 5:30 p.m.
L.A. Lakers at Chicago, 8 p.m.
Portland at Houston, 8 p.m.
Indiana at Golden State, 10:30 p.m.

NEXT HOME GAME

VS. OTTAWA SKYHAWKS

Wednesday Janurary 22nd @ 7pm

Makeup game from November 24th.
November tickets are valid for this game

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ROAD TO THE THREE PEAT

Horoscopes

♈ Aries
March 21 - April 20
Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

♉ Taurus
April 21 - May 21
Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

♊ Gemini
May 22 - June 21
You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

♋ Cancer
June 22 - July 23
It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

♌ Leo
July 24 - Aug. 23
For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

♍ Virgo
Aug. 24 - Sept. 23
Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

♎ Libra
Sept. 24 - Oct. 23
If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

♐ Sagittarius
Nov. 23 - Dec. 21
The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

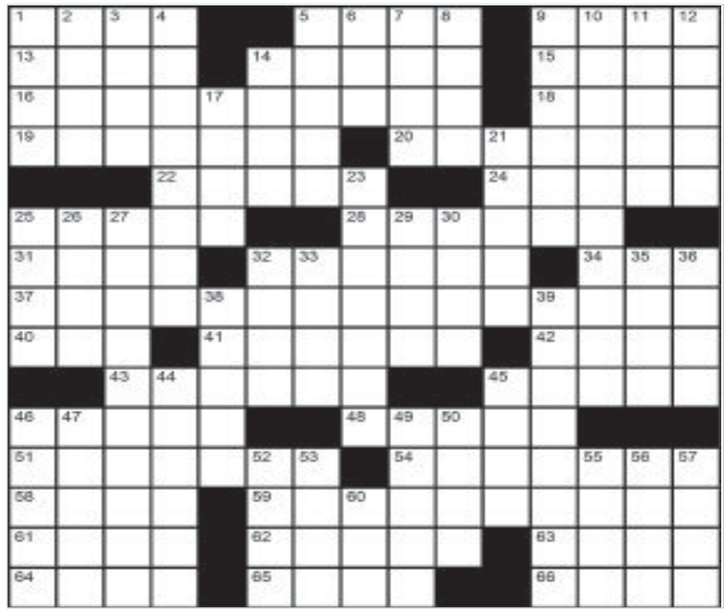
♑ Capricorn
Dec. 22 - Jan. 20
The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

♓ Pisces
Feb. 20 - March 20
What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. SALLY BROMPTON

Crossword: Canada Across and Down

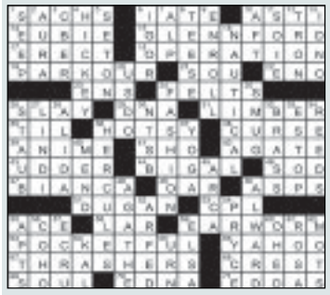
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Folk classic: "__ __ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 __ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had _ __ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "_! __..." (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You __ __ Rich?"
46. Rainforest, for one
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "__ Canada" on CTV
61. Little bit of residue
62. Notions
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, __ Island
66. 'Gang' suffix

Down
1. "Say as he says, __ __ shall never go." - Hortensio, The Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace
9. Treasures
10. Go skydiving, visit Paris, climb Mount Everest, etc.: 2 wds.
11. Enroll
12. Navy elites
14. Tree log bump
17. John, in Russia
21. Follows orders
23. Hip-Hop artist (aka Aaron Hoffman) from Vernon, BC
25. Nautical hook
26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. __ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '_' __ Effort
60. Determine

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	3	9	6	7	2	8	1	4
2	1	4	8	9	5	7	3	6
8	6	7	4	3	1	9	2	5
3	8	2	1	4	7	6	5	9
7	9	5	3	8	6	1	4	2
1	4	6	2	5	9	3	7	8
4	2	1	7	6	8	5	9	3
9	7	8	5	2	3	4	6	1
6	5	3	9	1	4	2	8	7

Sudoku

6			8		1			
3	5						4	8
	4			7		1		
	3		7	5				2
		4				6		
9				6	2		7	
		3		2			6	
5	9						8	4
			4		9			1

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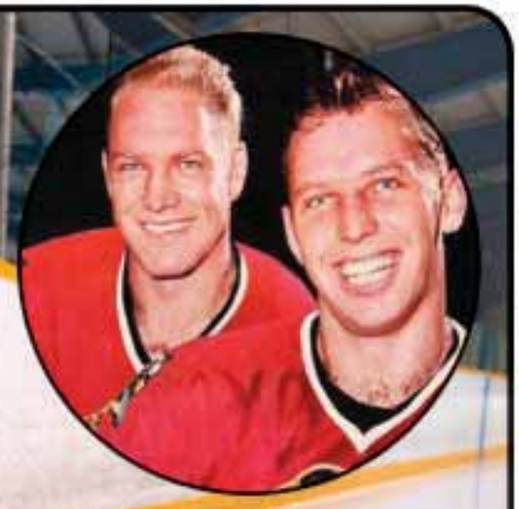

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Garrett Williamson
London Lightning

Michael Ray Richardson
London Lightning

Bo Horvat
London Knights

Dale and Mark Hunter
London Knights

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